



Commission Quarterly

Published by Friends of the Lincoln-Lancaster Women's Commission, Lincoln, Nebraska

JULY 2005

SUMMER ISSUE

Third Annual Women & Money Conference, Cha-Ching

The Women & Money conference is coming up soon and is slated for new excitement in 2005!

This day-long event is scheduled for **Saturday, September 24, 2005** at the Student Union on UNL's Main Campus, 12th & R Streets. The event will provide many opportunities for participants to learn more about money matters by offering a wide range of

workshops presented by experts in the financial industry.

The Women & Money conference begins at 8 a.m. with registration, a continental breakfast and welcome. The conference encourages more working women to attend – the women who will most benefit from the sessions and information provided - by

hosting the event on a Saturday. Another great idea currently on the drafting table is the possibility of providing childcare, making it even easier for mothers to attend.

The conference has received overwhelming financial support from local businesses and corporate underwriters who believe that women can become more empowered through having the right

information at their disposal, making the financial decision process easier now and in the future.

An exhibitor's gallery will be open during conference's free times for women who

"We can tell our values by looking at our checkbook stubs,"
-- Gloria Steinem



**Saturday
September 24, 2005
8:30 am - 3 pm**

**UNL City Camps
Student Union
12th & R Streets
Lincoln NE
CALL & REGISTER
TODAY!
441-7716**

want to learn more about services and meet the experts who can answer their questions. Some exhibitors may even offer door prize drawings or goodie bag prizes for stopping at their booth.

The Women & Money event is sponsored by the Lincoln-Lancaster Women's Commission and Friends of

LLWC.

By gathering together to help improve the financial literacy of the women in Lincoln and Lancaster County, the Women & Money conference can improve the lives of families in our community.

We invite you to join us in this fun, educational venture!

Are You Ready to Run for Office?

Satisfying strategic planning goals for Women & Leadership and Public Policy, the Lincoln-Lancaster Women's Commission teamed with the Women's Fund of Greater Omaha to cohost a day-long workshop for women interested in running for an elected office. Fashioned after a similar Ready to Run conference held in New Jersey, the original program was conducted by the Center for American Women and Politics, Eagleton Institute of Politics, Rutgers and the State University of New Jersey.

The workshop is slated for Saturday, Oct. 15, 2005, at Mahoney State Park's

Ready to Run

Riverview Lodge. The conference begins at 8 a.m. with a complimentary breakfast and welcome. Topics will cover budgets, political connections, making political decisions and campaign strategies. There's also an opportunity for small group interaction with women who have served or are currently serving in an elected office. Questions can be answered by someone who has "been there, done that and has the T-Shirt to prove it."

If you or someone you know is interested, please contact LLWC, 441-7716, for more information. Seating is limited.

Women & Leadership Opportunity

Networking is one of the most important techniques women in leadership can exercise to get the job done. Knowing who to call for resources and services can make or break a project, big or small.

Widen your circle of contacts at the next Council of Women Leaders (COWL) held on Tuesday, Oct. 27, 2005, at the Beacon Hills & Country Inn Suites, 5353 N. 27th St., about one-half mile north of Ticonderoga Shopping Plaza.

Check in is set for 5 p.m. The cost is \$10 per person and all reservations must be prepaid to hold a dinner reservation.

Past events have been successfully attended with about 60 to 85 women participating in the networking activity.

For more information or to register, call LLWC, 441-7716.



Recognizing Equal Pay Day, LLWC supporter, Sharon Aden, created an attractive historical display of women & their stories at her work place, using posters and information available in the commission's resource library.

Equality Day, a Suffrage Landmark Awaits First Woman President

On July 13, 1848, five women met for tea in upstate New York. Having commiserated about the lot of women in American society, they did something brash and wonderful...they sent off a notice to the local newspaper announcing "a convention to discuss the social, civil, and religious conditions and rights of woman" to be held just six days later in Seneca Falls. Perhaps inspired by the sovereignty of Iroquois women, convention participants drafted a Declaration of Sentiments which began:

"We hold these truths to be self-evident, That all men and women are created equal..." One of the resolutions called for universal women's suffrage. One hundred women and men from all walks of life signed that Declaration. Only one, nineteen-year-old Charlotte Woodward, lived to see women win the vote.

On August 26, 1920, after a 72-year struggle, the 19th Amendment to the Constitution of the U.S. was finally ratified, granting women the right to vote nationwide. President Carter designated August 26th as Women's Equality Day, as a reminder of women's continuing efforts for equality. In 1921, a statue was built saluting the Mothers of Woman Suffrage and was dedicated in the Rotunda of the U.S.

Capitol. After one day, the Italian Carrera marble statue, sculpted by Adelaide Johnson, was moved to the basement by an all-male congress where it was stored until 1997. The statue was dubbed by critics as "Three Ladies in a Bathtub," but it's officially named, "The Portrait Monument." Tens of

thousands of citizens from across the country fought a four-year struggle to see the statue moved out of the Capitol basement, where it stood for 76 years - four years longer than it took Suffrage workers to earn the right to vote.

The 7.5-ton statue that depicts three leaders of the suffragette movement - Susan B. Anthony, Elizabeth Cady Stanton and Lucretia Mott - was hauled into the Rotunda on Mother's Day weekend after a special act of Congress approved the request at the urging of women's groups who believed the pioneer suffragettes deserved better than the "Capitol Crypt." The Monument's elevation represents the profound contributions by women that have been glossed over and left out of history.

"The most inspiring (to me) is the vacant place of granite, yet to be carved, for the first woman president," wrote Danja Pegram Siders of her trip to Washington D.C. to visit family. Siders is a member of the LLWC Advisory Board.



Photo Courtesy of Danja Pegram Siders, LLWC Commissioner
The National Women's History Museum was the driving force behind the raising of the Woman Suffrage Statue, a monument to Susan B. Anthony, Elizabeth Cady Stanton, and Lucretia Mott, from the U.S. Capitol basement to the U.S. Capitol Rotunda. The back slab of Italian marble awaits carving of the first woman president elected in the U.S.

Proud Member of
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National Association of Commissions for Women

Friends of the Lincoln-Lancaster
Women's Commission
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Commission Quarterly
Newsletter

The Lincoln-Lancaster Women's Commission (LLWC) is an Advisory Board created by elected officials to advise the Mayor, Lincoln City Council and Lancaster County Board on issues that impact women. Please address any correspondence to: Lincoln-Lancaster Women's Commission, 440 S. 8th St., Ste. 100, Lincoln NE 68508-2294 or call (402) 441-7717.

Editorial Policy:
The Commission Quarterly is a publication of Friends of LLWC. Publishing costs are paid by Friends of LLWC. Materials appearing in this publication shall be in accordance with the purposes, goals and official positions of the Lincoln-Lancaster Women's Commission and Friends of LLWC. The Commission Quarterly is published four times a year: January, April, July and October.

Criteria for Publication:
Submissions by community groups and individuals are welcome. Deadlines are the first of the month preceding the month of publication. Articles are subject to editing, with the author's compliance. Specific opinions expressed are not necessarily the opinions held by LLWC employees, its Commissioners or Friends of LLWC.

Advertising
Advertising is available in a business card sized ad and will be accepted as space is available on a first come, first serve basis. All ads should be camera ready and must be submitted one month before the publication date. For more information on advertising opportunities, call 441-7717.

Friends of the Commission
Friends of the Lincoln-Lancaster Women's Commission is a 501 (c)(3) organization that solicits funds for commission projects.

LLWC Staff
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Georgia Glass, treasurer
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Barbara Ramsey member-at-large
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Life in Lincoln as a Lesbian: As We Know It To Be

Guest editorial, part three in a four-part series

By Pat Tetreault, Ph.D.

I have appreciated the opportunity to talk about some of the issues related to life as a sexual minority in Lincoln. And for the most part, my life is not that different from a non-lesbian's life (I work, cook, pray, garden, volunteer....). The primary difference being that the person who I share my life with is also a woman.

I know that some people, primarily for reasons based on their own religious beliefs, find this abhorrent. For others, including many religious and spiritually-based people, the strong reactions that people have to same-sex relationships is mind-boggling.

There are so many important issues facing our world today – poverty, war, terrorism, relationship violence, child sexual abuse, affordable access to quality health care, the growing chasm between the small yet richest segment of our society and the rest of the population, unemployment, global warming, protecting the environment, quality education, the AIDS pandemic....and the list goes on. I believe that the issues listed above are more pressing concerns that impact the quality of all of our lives and society as a whole than the idea that same-sex couples and feminists (i.e. people who believe women also deserve equal rights) are responsible for the decline of civilization as we know it.

The focus on preventing recognition of same sex relationships and equal protection under the law most likely results from people who feel like their own lifestyle is no longer popular or normative and thus feel threatened by those they see as being unlike them. The attempt to enforce a particular religious belief on the majority of the population – in particular through our government – is frustrating as well as an ineffective means (in the long-term) of trying to preserve a lifestyle.

Choice in religious beliefs and freedom from government endorsed religious discrimination is one of the fundamental rights guaranteed by our constitution (hence the desire to amend our federal constitution). This includes the right to not believe or adhere to particular religious beliefs, especially ones that label us as abominations. The fact that all religions and religious people do not adhere to this view also needs to be respected. The reality that our lives are currently regulated in a number of areas in the civil world by a particular religious view has a major impact on the quality of life for lesbians, gays, bisexuals and transgender people (LGBT). The primary impacts being inequitable treatment by our government and other institutions, being perceived based only on our sexual orientation and/or gender identity, increasing support for exclusionary policies, and being stereotyped as heathens. In fact, many LGBT people, just like the rest of the population, vary in our religious and spiritual beliefs, are respected taxpaying citizens, who have normal and healthy home lives.

Research has also documented that experiencing prejudice and discrimination can have a negative impact on one's health for all minorities. The current political climate, which has made sexuality education and sexual health issues political, is an unhealthy one for everybody. Honesty, civility, inclusion in every day life is important for everyone. Living in a society where inclusion is seen as controversial, where a particular religious view is allowed to predominate and impact not only the LGBT population but our family, friends,

Subscription Information

Yes, we know, things do change. New address? Kids grow up? Landed a new job? Got a new friend? Whatever your reasons, the Women's Commission continues to be your reliable source of women's news on women's issues locally and nationally. Yes, life does goes on! And, we don't want to miss you! Be sure to keep us informed on your new contact information. If you have received this publication in error, please call **441-7716** to be removed from the list.



Surfing the
Web again?
Click Here!

www.lincoln.ne.gov/city/mayor/women/index.htm

What will you see? Our work! Annual reports, special reports, Women's Leadership Recruitment Program, Advisory Board membership, Friends information, Women's Alliance Directory, Women in Education grant information, statistics, resources & contact information, news releases, past newsletters, and much, much more!

WomenTalk

A show by women about women's issues - aired four times each week on 5 City TV - Cable Ch. 5

JULY & AUGUST TOPIC:
**"Overexposed:
Dangers of Tanning"**
Program Schedule



Tuesdays, 9:30 PM
Wednesdays, 10 PM
Thursdays, 1 PM
Sundays, 10 AM
*Subject to preempting

and allies has resulted in people, organizations, churches, and schools, "walking on eggshells".

Many people fear the animosity of those who support anti-LGBT bias being targeted at them. This is the reality of life as a minority group member in a society that does not adhere to its own principles of equality under the law.



Pat Tetreault, Ph.D.
Civil Rights Activist

There are many frustrated people in our country who believe in inclusion, the bill of rights, and equality under the law, celebration of diversity, and a commitment to mutual respect, personal safety, and liberty and justice for all and it is this that helps me continue to work on my own growth and be involved in community organizations and events.

Spirituality is what helps sustain me as I believe we are spiritual beings on a human journey. And life in Lincoln as a Lesbian is part of that journey. And while our goal is usually to arrive at our destination or the end of our journey, it is the journey itself that matters in the end.

Things You Can Do To Help Women

1. Volunteer to work with an agency that serves women. LLWC is an excellent start with opportunities ranging from serving on the Advisory Board helping with event tasks.
2. Make tactful but active intervention to stop jokes or comments that are demeaning to women.
3. Become a "Friend of LLWC." This 501(c)(3) organization helps fund programs of the Commission.
4. Actively work to improve the childcare situation. A woman who cannot find adequate, affordable childcare is a woman who can find a job or stay employed.
5. Write your elected officials when programs that support women are in danger. Social Security and affirmative action are two of the many programs that directly impact women.
6. Let advertisers and the media know when they have portrayed women in a derogatory or demeaning manner.
7. Support women in their chosen fields of employment.
8. Breast cancer kills over 46,000 women each year. Make sure the women in your family - wives, sisters, aunts, grandmothers, daughters - get annual mammograms.
9. Speak out against Domestic Violence. Urge lawmakers to get tough on laws. Reach out to women you suspect as victims. When male friends speak in a derogatory manner about women, speak up to them!
10. Stamp out sexual harassment. Encourage women to speak out against their offender at home, school and workplace.



Lincoln's only weekend college for women is at the College of Saint Mary-Lincoln campus.

Programs offered include:
☒ Applied Psychology & Human Services
☒ Business Administration
☒ Business Information Systems
☒ General Studies
☒ Paralegal - The only ABA accredited bachelor paralegal program in Nebraska.

489-2900

Fall classes begin May 20th.
Call today for more information!

LLWA On-Line Services

Located within the city's "Interlinc" web site system, the Women's Alliance (LLWA) directory offers a wide variety of information on individual clubs and organizations, including the contact information. If your organization or agency would like to post information free of charge or update its current information, an application can be obtained from the web site's index page (www.lincoln.ne.gov/city/mayor/women/llwa) or call 441-7716 and one will be snail-mailed to you. If you are looking for a way to become actively involved in the community, make new friends or strengthen networks, look in the listings for great connections!



The Weight Loss Professionals
Sue Shamblin
Karen VanAbrahams

5540 South St., Ste. 105
Lincoln NE 68506

(402) 488-5310
Fax (402) 488-5313
E-mail: SVALLC@aol.com

HELP WANTED

Ever wondered if you could make a difference if given the right chance? If so, we need you!

Women's Leadership Board Recruitment
program matches female candidates to commissions, boards and task forces seeking to place a woman at their table.
Call 441-7716 for your application!

Midlife Career Changes: You've Come a Long Way

By Kathie Uhrmacher,
LLWC President

Recently I stood on the top of a hill on pasture land at the foot of the Sandhills. Dressed in work boots, leather gloves and sporting a straw hat, I remembered the advertising slogan that was popular a number of years ago, “You’ve come a long way, baby!

If someone would have told me when I was a young woman that I would eventually become a city-slicker-turned-weekend-farmer/rancher, I would have considered that a near impossibility. Yet in the last five years, I have learned a great deal about living and working on the land. I not only know what a musk thistle looks like, but I can spot one a mile away and show no mercy when destroying it. I’ve helped fix barbed-wire fences, clean out stock tanks and can drive a Mule (the four-wheeled drive kind, not the living, kicking kind.) So now at 50+ years old and coming to the end of one career, I’m realizing there’s still a lot to learn and perhaps something more to be.

Women, forty years of age and older, have made an impact in all areas, not the least of which are science, education, technology, government, literature and music. Jeanne Kirkpatrick became the Ambassador to

the United Nations at the age of 55. If “necessity is the mother of invention,” women, many of them mothers, have taken on necessity by inventing things such as windshield wipers, the automatic dishwasher, home security systems, the bra and curling irons. Patsy Sherman, a 3M Co. chemist, discovered the fabric protector Scotchgard following an accidental spill of synthetic latex in her laboratory. Who among us doesn’t owe her? Dorothea Dix took on the role of Superintendent of Nurses during the Civil War, supervising and training the women in nursing services during the war. She was 59



Kathie Uhrmacher

at the time and a volunteer! This culture, that so consistently values youth and sometimes sets up roadblocks for those who aren’t, has gained a great deal from the contributions of middle-aged women.

Today there should be lots of opportunities for women of all ages. Those with strength of purpose, the ability to learn new skills and the courage to take on new responsibilities must be encouraged to seek out a niche in the working world or as a community servant. Ours is a generation of resourceful and resilient women. We can adapt to

changing times and use our talents to re-invent ourselves. We’ve had a plethora of experience. We have degrees and know how to use them! We have, in fact, come a long way. So, get ready employers, community service leaders and politicians to embrace our re-entry into the workforce or the changing of direction into new fields for those of us who have new interests and are ready to try something different.

And you? What about you? Do you have an idea for an invention? Are you at a turning point in a career, re-entering the work force after raising children or looking for a new challenge? If so, take stock of your many talents, interests, abilities and experiences... and go for it!



At left, National NACW board member Bonnie Coffey attended a legislative luncheon in Washington, DC to hear Sen. Orrin Hatch discuss the importance of women participating in the political process. Other speakers included Lisa Maatz of AAUW (center) and Deborah Chalfie, National Women’s Law Center (at right).



Coffey Gleans National Perspective on Women's Issues

As a longtime member of National Association of Commissions for Women (NACW), the professional organization for women’s commissions across the country, the Lincoln-Lancaster Women’s Commission (LLWC) is an active member. LLWC’s Director, Bonnie Coffey, has served on the national board as an elected board member and officer for six years. NACW’s winter board meeting is traditionally held

in Washington, DC and features an “Issues Institute” for discussions on the issues of interest and concern to women as well as a Legislative Luncheon sponsored by a member of the U.S. Senate.

In March 2005, the Legislative Luncheon in the Dirksen Senate Office Building was hosted by veteran statesman, Senator Orrin Hatch of Utah and Representative Jim Matheson, 2nd District, Utah. Senator Hatch was introduced by NACW Board Member Carol Walker, Executive Director of the Utah Commission on Women and Families. Senator Hatch opened the luncheon by welcoming attendees and expressing the importance of women’s active participation in shaping public issues and participating in the political process. Also joining the group for comments was Congresswoman Shelley Moore Capitol of West Virginia.

Following the luncheon, the group attending heard presentations on contemporary issues that have a disproportionate and direct impact on women. Lisa Maatz, Director of Public Policy and Government Relations for the American Association of University Women (AAUW) is a longtime friend to NACW. Her highly

interactive and easily-understood presentation focused on Social Security and its reform. For up-to-date information on Social Security (and other issues of interest to women), visit AAUW’s Web site at <http://www.aauw.org/>.

Debbie Chalfie, Senior Counsel with the National Women’s Law Center, provided important background information and current developments on pay equity for women. Many of her remarks dovetailed with the discussions on Social Security, stressing the impact of unequal pay on the later calculations for a woman’s Social Security check later in life.

The National Women’s Law Center offers an excellent Web site with lots of information on a wide range of topics, including athletics, early childhood development, health and employment, national judicial issues, taxes and Social Security. Check out their resources at <http://www.nwlc.org/>.

Other issues on the agenda for the Issues Institute included Homeland Security and Education. As a part of the Issues Institute, NACW board members were treated to a full VIP Tour of the White House and received a White House Briefing at the Eisenhower Executive Office Building.

When You Need A Friend,
Just Call On Me!



Become a member and support the Commission. Send your tax deductible donation(s) to:

Friends of LLWC
PO Box 81454
Lincoln NE
68501-1454

CALENDAR OF EVENTS

JULY 2005

4: OFFICE CLOSED
13: Regular meeting, K St. Complex, Conf. Room, 5:45 -7 p.m.

AUGUST 2005

9: WomenTalk Taping
10: Regular meeting, K St. Complex, Conf. Room, 5:45 -7 p.m.
26: Suffrage Anniversary

SEPTEMBER 2005

5: OFFICE CLOSED
Memorial Day
14: Regular meeting, K St. Complex, Conf. Room, 5:45 -7 p.m.
24: Women & Money 8:30 - 3 PM
30: Fall CQ mailed.

Mission Statement

Working as a division of the Mayor’s Office since 1976, the Lincoln-Lancaster Women’s Commission strives to assure that the women of Lincoln & Lancaster County have full participation in the issues that have an impact on their lives. The Commission advises City and County officials of social, economic and legal barriers that prevent women from choosing their roles in the family, the labor force and society in general, and working toward the elimination of those barriers. With 15 volunteers and a paid staff of three, the Commission continues to engage in activities designed to heighten community awareness in the areas of self-sufficiency, health care, safety, education and act as a clearinghouse of information for women in need.

Carin Craig, MD

Christine Stevens, MD

Shari Hier-Duffin, DO

Delivering Much More Than Babies

As women, our ages, needs and health concerns vary. But our desire to receive excellent medical care in a sensitive and caring manner is universal. That’s why Lincoln’s premier group of all-female OB/GYN specialists is here for you. Our focus is women and their changing needs, at every stage of life – from babies through maturity.

- Birth Care
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- Menopause Management
- Urinary Incontinence

- Recurrent Miscarriages
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- Breast Health
- Abdominoplasty (Tummy tucks)
- Gynecological Procedures & Surgery

Call 488.4022 to schedule an appointment or to learn more about our services.

SAINT ELIZABETH
PHYSICIAN NETWORK

Shari Hier-Duffin, DO
Christine Stevens, MD
Carin Craig, MD
Tami Clark, PA-C

Hier-Duffin, Craig, Stevens & Associates, OB/GYN
8055 O Street, Suites 100 & 200 • Lincoln, NE



IMPACT

By Danja Pegram Siders,
LLWC Commissioner

I joined the Lincoln-Lancaster Women's Commission because..
I feel it is important that all women's voices should have an advocate.

I believe LLWC is important to Lincoln and Lancaster County because ...
it brings a unique opportunity of Women of different backgrounds and experience together. As a collective voice, the LLWC can help all women have an input in representing important issues and projects.

**With each publication of the Commission Quarterly newsletter, LLWC will spotlight a Commissioner's responses on the above two questions.

Contact Information

U.S. Senate

Hon. Charles T. Hagel
294 Federal Building
100 Centennial Mall North
Lincoln NE 68508
(402) 476-1400
www.hagel.senate.gov/index.cfm?FuseAction=Offices.Contact

Hon. Ben Nelson
287 Federal Building
100 Centennial Mall North
Lincoln NE 68508
(402) 441-4600
www.bennelson.senate.gov/email.html

U. S. Congress

Hon. Jeff Fortenberry
House of Representatives
301 S. 13th St., Suite 100
Lincoln NE 68508
(402) 438-1598
**no E-mail address listed*

**State of Nebraska
Clerk of the Legislature**
(402) 471-2271
**Ask to speak to your district representative.*

Women & Health

My Medical Records Manager: Another Success Story for LLWC

Concerned about medical access and health care services for women of color, the Lincoln-Lancaster Women's Commission produced multicultural booklets and audio cassette tapes titled, "My Medical Records Manager," to encourage women to be more proactive in meeting their health care services.

Response to the project has been overwhelming. LLWC has received multiple phone calls from teachers, hospital staff, program, state minority agencies, caseworkers and service coordinators, minority-owned grocery stores, managers and cultural centers, for booklets to distribute to their clients and customers. In the past five weeks, LLWC has distributed more than 500 booklets and 225 cassette tapes to the community.

In recognition of the impact this project has made in the community, the Community Health Endowment of Lincoln selected LLWC to formally applaud in a "Making the Difference" congratulatory display advertisement, published June 25, 2005 in the Lincoln Journal Star.

The six-page booklet was printed in English, Vietnamese and Spanish. A special section gives tips and guidelines on how patients can establish effective professional relationships with their health care providers, and their rights as a patient.

The record management booklet tracks important historical health events such as childhood illnesses, allergies, surgeries, medicines, insurance information and current symptoms. It allows ample space for the patient to note specific medical events. A separate page is designed to list questions to be discussed with their provider.

Aware of Arabic women's cultural lifestyles, the Women's Commission has produced 1,000 audio cassette tapes that verbally explain the same information as printed in the booklets.

Emphasis is placed on overcoming cultural barriers that could prohibit Middle Eastern women from seeking specific health care services. The cassette tape has this message recorded in English on one side with the Arabic on the other side.

The project was completed with the assistance of bilingual women who translated the text written in the "My Medical Records Manager" booklet and cassette.

A special thanks to translators Dunia Muse, Van Nguyen, Zaina Al-Batat and Lorena Pulgarin.

This project was underwritten by Friends of LLWC. The booklets and audio cassettes are available at no charge. To obtain free copies, please call LLWC at 441-7716.



Remember this cartoon? Published years ago, it's slowly being resurrected throughout the community by the Teenage Prevention Pregnancy Coalition to spur parent's awareness of the importance in talking to their young adult about teenage pregnancy issues.

Ameritas offers protection for your family and your future. Visit us on the Web at www.ameritas.com or call us as

Life Insurance, Investments, Dental and Eye Care, Insurance, Retirement,



www.ameritas.com
Securities offered through Ameritas Investment Corp.

We're looking for new members to join AAUW!

Help promote equity for women and girls, lifelong education, and positive societal changes. Contact Julie McLean (402) 488-3205 to learn more on how you can get involved to make the difference in the big picture! Or, e-mail to:

Strategic Goals

■ Staying on Track

In January 2002, LLWC commissioners began strategic planning with prioritizing Women's Health Care and Women's Leadership & Public Policy, selecting and implementing the strategies, objectives and activities.

It was agreed that the Women's Commission needed to focus on selected goals over a long-term basis to effectively and systematically impact the issues being addressed. Previously, the Commission had been selecting new projects on an annual basis; all agreed that this strategy was not an effective or efficient use of limited resources.

Health Care relates to all issues dealing with physical and mental health that affects women in Lincoln and Lancaster County. Although it's noted that the Healthy People 2010 plan has been completed by the Lincoln-Lancaster County Health Department and covers many women's health aspects, the overall objective is to increase the number of informed consumers, provide education and awareness, and referral to community resources.

Researching and targeting gaps in the community that might disproportionately affect women helps Commissioners brainstorm solutions for implementation.

Jointly sponsored by Friends of LLWC with the support of local businesses, planning and implementing specific projects and programs is an excellent method in reaching women on issues of health and leadership.

For example, future programming of WomenTalk programs will explore issues relating to women's health such as women & myth, heart disease, caregiving and body image. Other program topics relate to women's leadership such as economics, networking, board participation and communication skills.

Women's Leadership and Public Policy can develop the leadership mechanisms to help women reach their personal and professional potential in influencing public policy as it impacts women and families in the community.

One solution is to increase the number of women in leadership positions and political visibility of women in color. Currently on the drawing board is a new day-long conference called "Ready To Run" that educates and encourages women to run for an elected office.

An existing leadership program being offered by the Women's Commission is the "Women's Leadership Board Recruitment" program that matches female candidates to boards, commissions and task forces seeking to fill a slot on their board. Also, LLWC will host the third annual Women & Money conference in September to help women effectively handle their economic situation and solution.

LLWC annually reviews the potential of new projects and existing programs to ensure topics and themes stay within the focused guidelines of its strategic planning goals.

By being consistent in message and deed, women will become more empowered to accomplish those feats that may have slowed them down in the past.

August is National Breastfeeding Month

The American Academy of Pediatrics is a very strong advocate for breastfeeding as the best form of nutrition for infants. Their Policy Statement of 1997 states, "Human milk is uniquely superior for infant feeding." Breastmilk contains a special blend of fats, sugars, minerals, proteins, vitamins and enzymes in exact proportions which cannot be duplicated. Recognizing the need for newborns to get a jump start on life, August is observed as National Breastfeeding Month.

Most newborns need to be fed approximately 8 to 12 times in 24 hours for the first few weeks. Breastfeeding should begin as soon as possible after birth, usually within the first hour. Babies should be nursed whenever they show signs of hunger, such as increased alertness or activity, mouthing, or rooting.

A Healthy Skin Means a Healthier YOU!

Regular checkups are important at any age!

**Teens to 40's
Skin exam every three years
Over 40
Exams Annually**

Ann E. Lott, M.D.
467-4361
Gateway Dermatology
600 N. Coter Blvd., Suite 311
Lincoln NE 68505



**Center for the
Healing Arts**

Margaret Rickers
MS, LMT, CHTP
(402) 421-6800

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5561 S. 48th St., Ste. 232F
Lincoln, NE 68516